






# OCTOBER HARRISON

## 2018 Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Selections on The Farm Stand are included with lunch. Choose ½ a cup of fruit and 1 cup of vegetable from a variety of options daily.</b>	
1. Pancakes with Syrup & an Egg Patty	1. Grilled Chicken Fillet on a Bun with Oven Fries	1. Bosco's Cheese Stick with Marinara Sauce	1. All-Beef Hot Dog on a Bun	1. Cheese Pizza
2. Weekly Alternate: Popcorn Chicken with Dip & a Roll			 <b>Sea Otter Awareness Week</b>	
<b>COLUMBUS DAY</b> <b>NO SCHOOL</b>	1. Cheesesteak on a Bun	1. French Toast Sticks with an Egg Patty Deli Bar Promo-HES	1. Baked Chicken Nuggets with a Roll & Mashed Potatoes Deli Bar Promo-LES	1. Pizzeria Pizza
2. Weekly Alternate: Baked Mozzarella Sticks with Marinara Sauce				
1. Nachos Grande with Turkey Taco Meat, Rice & Scoops Chips	1. Cheese Ravioli with a Dinner Roll	1. Meatball Parmesan on a Roll	1. Baked Macaroni & Cheese with a Dinner Roll	1. Cheese Pizza
2. Weekly Alternate: Baked Chicken Nuggets with a Roll			National School Lunch Week	
1. Popcorn Chicken with Dip & a Roll	1. All-Beef Hot Dog on a Bun with Sweet Potato Fries	1. Wild Wing Wednesday - Boneless Chicken in a BBQ Wing Sauce with a Roll	1. French Toast Sticks with an Egg Patty	1. Pizzeria Pizza
2. Weekly Alternate: Cheeseburger on a Bun				
1. Soft Shell Beef Taco with Lettuce, Tomato, Shredded Cheese	1. Baked Mozzarella Sticks with Marinara Sauce	<b>Halloween</b> 1. Cheeseburger on a Bun  Free Whole Grain Pumpkin-Shaped Cookie	 <b>Locally Grown Apples</b>	
2. Weekly Alternate: Chicken Patty on a Bun				

### ALSO AVAILABLE DAILY

#### SALAD LUNCH (each salad includes Sliced French Bread)

- Chef's Salad: Tossed Greens with Turkey, Ham & Cheese
- Chicken Caesar Salad: Tossed Greens with Sliced Chicken & Caesar Dressing

#### 5. BAGEL MEAL

Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to the Farm Stand

#### 6. YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a Trip to the Farm Stand

#### 7. DELI SANDWICH

- Week 1: Tuna on a Kaiser Roll with Lettuce & Tomato
- Week 2: Ham on a Wrap with Lettuce & Tomato
- Week 3: Turkey & Cheese on a Wrap with Lettuce & Tomato
- Week 4: Italian Mini Hero with Ham, Salami, Provolone, Lettuce & Tomato
- Week 5: Ham & Cheese on a Kaiser Roll with Lettuce & Tomato

#### A Complete Lunch Includes:

- Entrée (with Protein/Grain)
- Trip to The Farm Stand
- Milk Choice: 1% White, Skim, or Non-Fat Chocolate

#### Menu Subject to Change

Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com)



At least 50% of All Grains served w/ your meal are Whole Grain Rich

Broccoli Crowns

NATIONAL FARM to SCHOOL MONTH

